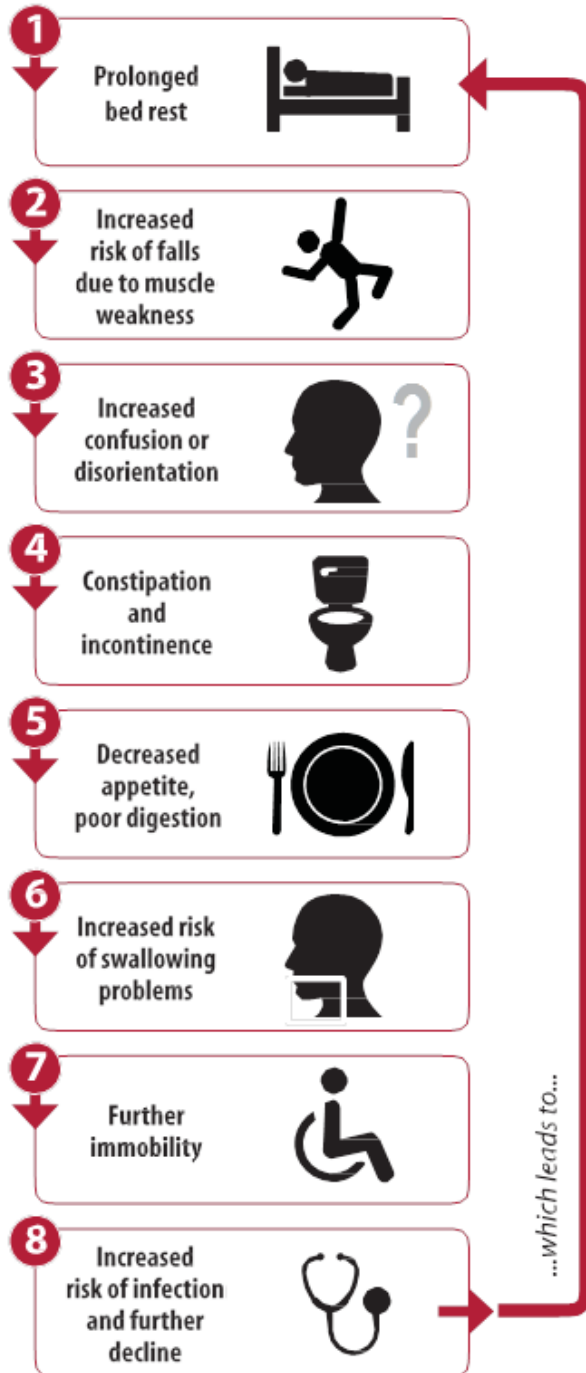


## CYCLE OF DECONDITIONING



For people over the age of **80...**

Ten days in bed ages muscles by **10 years**

One week of bed rest results in **10% muscle loss**

Please ask the team looking after you if you have any further questions.



### Useful links:

<http://www.endpjparalysis.com>  
<https://www.england.nhs.uk/blog/amit-arora/>

LET'S GET UP



LET'S GET DRESSED



LET'S GET MOVING

### WHAT ARE THE BENEFITS FOR THE PATIENT?

- ✓ Quicker recovery
- ✓ Able to maintain normal routine
- ✓ Return home sooner

#endPJparalysis

# What is PYJAMA PARALYSIS all about?



## #endPJparalysis

is an international concept aimed at getting patients to get out of their pyjamas and dress in their own clothes during their hospital stay. This is to encourage patients to get up and move about. It can result in a shorter stay in hospital.

Having to stay on bed rest because of an accident, illness or treatment can have an effect on your entire body. If you are elderly the effect can be greater.

**For example, for people over the age of 80:**

- **Ten days in bed can age muscles by 10 years.**
- **One week of bed rest and result in 10% muscle loss.**

This loss of strength could make the difference between staying independent or needing more help with daily living. It is very important to prevent excess loss of strength and to begin moving as soon as possible.

## What are the benefits of wearing my own clothes and walking about?

If you get dressed in your own clothes you are more likely to walk around, feel more confident and restore your sense of self.

If you get up, get dressed and walk you may have less risk of:

- **Getting an infection**
- **Losing mobility and agility**
- **Loss of fitness and strength**

**and** you are more likely to go home sooner.

**We want to get you back to your normal routine as quickly as possible.**



## What can I do?

When you start to feel better you will be encouraged to get up and get moving.

You may feel more comfortable in your own clothes rather than pyjamas or a hospital gown.



A relative / friend / carer can bring in some comfy clothes and footwear for you. We encourage you to walk with your carer / relative, Nurse / Health Care Assistant, Physiotherapist / Occupational Therapist as part of your recovery.

**We encourage you to fill in the mobility chart to motivate you each day to walk.**

LET'S GET **UP**  
LET'S GET **DRESSED**  
LET'S GET **MOVING**

**#endPJparalysis**